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Visit the Blending Initiative website for more information and  
Blending products: <http://nida.nih.gov/blending>

**NIDA** NATIONAL INSTITUTE  
ON DRUG ABUSE



## BUPRENORPHINE TREATMENT FOR YOUNG ADULTS

# THE BLENDING INITIATIVE

Accelerating the dissemination of findings that drug abuse and addiction research generates into community-based practice is a key priority for the National Institute on Drug Abuse (NIDA). To this end, NIDA relies on an innovative partnership with the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (SAMHSA/CSAT) known as the Blending Initiative. This initiative is NIDA's most recent effort to accelerate the dissemination of research-based drug abuse and addiction treatment findings into community-based practice.

Based on recently tested NIDA research, Blending Teams design user-friendly tools, or products, and introduce them to treatment providers. These products facilitate the adoption of research-based interventions in communities at nearly the same time research results are published in peer-reviewed journals.

Blending Teams are comprised of NIDA researchers, clinical treatment providers, and trainers from SAMHSA's Addiction Technology Transfer Center (ATTC) Network. These experts work together to develop products based on research conducted within NIDA's Clinical Trials Network as well as within other research programs supported by NIDA. The ATTCs, which are funded by CSAT, provide specialized training and technical assistance to substance abuse treatment professionals to create a more effective treatment workforce.

**Sustainability** training  
**IMPLEMENTATION**  
**validity** research  
**FIDELITY** Feedback  
**effectiveness**

# BACKGROUND INFORMATION

Recent concern has focused on opioid use among youth, particularly non-medical use of pain relievers.

- In 2007, there were 7,000 new initiates of nonmedical use of opioids daily.
- Among youth ages 12-17, females are more likely to use opioids nonmedically.
- Among young adults ages 18-25, males are more likely to use opioids nonmedically.
- The *Monitoring the Future* survey showed that nearly 10% of 12th graders reported past year nonmedical use of Vicodin, and 4.7% reported OxyContin use in 2008.

The usual treatment for opioid-addicted youth is short-term detoxification and individual or group therapy in residential or outpatient settings over weeks or months. Although relapse is high using this approach, within the drug abuse treatment community, clinicians remain reluctant to use medication with opioid-addicted youth and young adults. This Blending product highlights the findings of the NIDA CTN study that compared longer term versus short-term buprenorphine/naloxone treatment in an outpatient setting. Primary results indicated that young adults in the longer term buprenorphine treatment were less likely to inject drugs or abuse opioids, cocaine, and marijuana, and were more likely to remain in treatment than those young adults who received short-term detoxification.

# THE TRAINING PACKAGE

A 3-hour training program that

- examines the prevalence of and treatment admission rates for nonmedical use of opioids among young adults;
- provides an overview of opioid use among adolescents and young adults;
- explores and increases understanding of the results of new research on using buprenorphine to treat opioid addiction in young adults; and
- describes the implications of these findings for the treatment of opioid addiction in young adults.

